



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS, AND KINESIOLOGY

COURSE OUTLINE – WINTER 2012

**PF 2230 or AP1230
Nutrition and Pharmacology for Active Older Adults
(45 hours; 3-0-0)**

Instructor	Melanie Hamilton RN, BN, MN	Phone:	780-539-2761
Office	H231	Email	mhamilton@gprc.ab.ca
Office Hours	Email or Phone to make an appointment		

PREREQUISITE(S)/COREQUISITE: Nil

REQUIRED TEXTS:

Bernstein, M., & Schmidt- Luggen, A. (2011). *Nutrition for the Older Adult*. Jones and Bartlett: Toronto

CALENDAR DESCRIPTION

This course covers effects and considerations for activity related to the range of pharmaceuticals that older adults may have been prescribed as well as the consequences of varying nutritional needs for older adults.

CREDIT/CONTACT HOURS (per week) : 14 week course

LECTURE (Moodle): 3 SEMINAR: 0 LAB: 0

DELIVERY MODE(S):

The course will be delivered on-line through GPRC's on – line course management system (Moodle). This is an asynchronous online course. This means there is no established time when you must log on. The purpose of the weekly input is to keep each of us focused on the same topic. You must log-on twice a week at a minimum. However, to benefit most from this part of the course, you are advised to check in on the discussion several times a week, adding your thoughts and comments to those of others so that the discussion grows as it continues back and forth.

Contact Information

Communication will be carried out by course email, news forum (general news and announcements) and Moodle Discussion Forums; you can also schedule on-site visits to my office or by phone if you require additional assistance.

General News and Announcements will be made in Moodle through the **News Forum**.

Registering

To register, go to the eCampusAlberta website, <http://www.ecampusalberta.ca/>. Search for courses and search for **GP_PF2230_EC - Nutrition and Pharmacology for the Active Older Adult** or **GP_AP1230_EC**.

Student Technical Support

To view the Student Technical Support page, visit <http://www.gprc.ab.ca/technical-support/student/>. This link is also available on your GPRC Future and Current Students Page and on the top left hand side of Moodle before and after login. This page will provide you with the links to the following information:

- **Technical Requirements: Computer System**

In order to participate in the program, each student must own or have ready access to a PC. Students are responsible for their own communication costs such

as long distance telephone charges and subscriptions to an Internet node, or any other communication service requirements. For Technical Requirements, visit <http://www.gprc.ab.ca/library/MoodleTechRequirements.htm>. Under the Moodle – Technical Requirements heading, select Click Here for a Browser Checkup. Here you will see a **Green Check Mark (√)** in the programs that you already have. If you see a **Red X** you will need to download the program.

- **SPECIALIZED SUPPORT and DISABILITY SERVICES**

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with Student Services. For additional information, visit <http://www.gprc.ab.ca/library/Homepage/Services%20For/Faculty/More/UDL.pdf>.

- **GPRC STUDENT ONLINE ACCOUNT & DISTANCE EDUCATION SUPPORT**

For instructions on how to set up your GPRC Student Online Account and for Moodle contacts and support, view the GPRC Student Moodle User Manual, http://moodle.gprc.ab.ca/guides/moodle_student_manual.pdf.

Grande Prairie Regional College has a toll free **Distance Education Support Line** 1-877-832-7667.

- **Navigating Moodle**

Once you login to Moodle, you will see the “My Courses” page where all your courses will be listed. Additional information is located in the GPRC Student Moodle User Manual.

OBJECTIVES:

Upon completion of PF 2230/AP 2230, participants will be able to:

1. Describe basic pharmacological principles and concepts and ethical and legal principles related to the older adult.
2. Identify common prescription and over the counter medications used by the older adult for acute and chronic medical conditions.
3. Explain concepts of menopause including strategies for diet and exercise.
4. Debate the pros and cons of older adults taking prescription medications and recognize that these medications can restrict them from competing in competitive sports.
5. Identify common dietary supplements used by the older adult.
6. Explain the differences between micronutrients and macronutrients and special considerations for the older adult.
7. Justify common special diet requirements for the older adult with a variety of chronic medical conditions.
8. Discuss specific diet and fluid requirements for exercise in the older adult.
9. Explain cultural, economic, psychological and social factors that may affect nutrition in the older adult.
10. Discuss common local, provincial, and national programs that support healthy nutrition in the older adult.

GRADING CRITERIA:

GRADING

Grading will follow these GPRC approved guidelines as closely as possible:

<u>Alpha Grade</u>	<u>4-pt Equivalent</u>	<u>Percentage Guidelines</u>	<u>Designation</u>
A+	4.0	90-100	Excellent
A	4.0	85-89	Excellent
A-	3.7	80-84	First Class Standing
B+	3.3	76-79	First Class Standing
B	3.0	73-75	Good
B-	2.7	70-72	Good
C+	2.3	67-69	Satisfactory
C	2.0	64-66	Satisfactory
C-	1.7	60-63	Satisfactory
D+	1.3	55-59	Poor
D	1.0	50-54	Minimal Pass
F	0.0	0-49	Fail

ASSESSMENTS:

EVALUATION	VALUE
Quiz #1	10%
Quiz #2	15%
Quiz #3	20%
Nutrition Interview	30%
Mel's 10 Minute Madnesses	10%
Participation	15%

1. **Quizzes -45% TOTAL**

The purpose of these quizzes is to assist the student to have an understanding of the concepts covered in a particular week. Each quiz will consist of multiple choice and true and false questions. Each quiz is CLOSED BOOK. You will only have one attempt and 15 minutes to complete the quiz.

DUE:

Week 2 – January 23rd/2012-covers content from weeks 1 & 2 - (10%)

Week 5- February 13th/2012-covers content from week 3, 4, and 5 – (15%)

Week 7- March 5th/2012-covers content from weeks 6 & 7 – (20%)

2. **Nutrition Assignment-30%**

For the purpose of this assignment you will be required to interview an Older Adult that has been diagnosed with one of the following chronic diseases:

1. Diabetes (Type 1 or Type 2)
2. Cardiovascular Disease
3. Hypertension
4. Osteoporosis
5. Gastrointestinal disorders

Ask your client to keep track of his/her diet for three days during which their eating habits are typical. A good guideline is to include two week days and one weekend day. Have them record all foods and drinks they consume for each of the three days. Be sure they estimate the quantities of each item to the best of their abilities.

Using the guidelines and questions provided in week 9, research information about your client's diet. Ensure that you include information about the current recommend guidelines for your client's specific chronic disease. Also, an expectation of this assignment includes recommendations you may have to help guide your client to make healthier life style choices. Remember to include proper APA referencing within your paper.

DUE: March 30th by Midnight

3. Mel's 10 minute Madness-10%

For Mel's 10 minute Madness, you will be provided with a total of 5 case studies during weeks 3, 5, 6, 8, & 9, each worth 2%. These case studies will require you to discuss and critically think about concepts introduced during these weeks. Using the provided discussion forums titled Mel's 10 minute Madness, you will need to answer my posted questions. See below for the grading rubric:

Mel's 10 minute Madness Rubric

Score	Engagement with Readings	Participation and Discussions	Quality of Postings
4	Postings reflect consistent engagement with course content	Participant is strong, consistent, and timely throughout the course	Postings consistently contribute to groups' understanding of course content
3	Postings reflect engagement with course content	Participation is strong, consistent, and timely throughout the course, with some exceptions	Postings generally contribute to groups' understanding of course content
2	Postings reflect minimal engagement with course content	Participation is sporadic and/or inconsistent; "last minute" participation is common	Quality of postings is inconsistent; postings rarely contribute to groups' understanding of course content
1	Postings reflect no or little engagement with course content	Participation is minimal or non-existent	Postings are frequently off-topic and do not contribute to groups' understanding of course content

4. Self-Assessment and Evaluation-15%

Conference Participation

The assessment structure for PF 2230 indicates that 20% of your final grade will be determined by your participation in the course. Your participation will be measured against the following criteria below. Keep these criteria in mind as you proceed through the course, and gauge your own efforts toward achieving your full share of this significant portion of your course grade. You will submit a final self-evaluation at week 13. Your participation mark is the mark given by you for this self-evaluation. The

instructor reserves the right to override this mark if it is deemed it is not an accurate evaluation of your participation. The instructor will be watching for the introduction of new ideas, the support of others, offering of reference sites, and interesting interpretation or application of the course content.

Participation Criteria

1. Respond to online discussions at least twice each week.
 - Post my input into the discussion board forum at least once each week.
 - Respond to online discussions at least once each week.
2. Contribute original thoughts or ideas to online discussions.
3. Bring up new and related perceptions of an issue being discussed.
4. Cite relevant research to validate points made.
5. Be open to divergent points of view.
6. Be respectful of the perceptions of others.
7. Integrate material from previous units to formulate ideas and generate dialogue.
8. Follows directions
9. Follow rules of grammar and spelling.

Conference participation is critical to course success. Cooperative and collegial learning is fundamental to this course. Your participation is not being evaluated relative to others in the class but rather against the above stated criteria.

Due: April 9th/2012

STUDENT RESPONSIBILITIES

Policies and Dates:

Please refer to the 2011-2012 Grande Prairie Regional College Calendar for specific PEAK program policies and dates.

Late Assignment Policy:

All quizzes and assignments are expected to be completed on-line within the time frame given. Extensions on assignments may be granted and must be negotiated

with the instructor prior to the due date and with a date and time specified for late submissions.

If applicable, a penalty of one letter grade for each working day that an assignment is submitted after the due date will be deducted from the final mark. For example, a quiz scored at 80% (B+) would receive an adjusted grade of 75 (B) if submitted one day late when an extension was not negotiated with the instructor

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to the GPRC's 2010-2012 Academic Calendar for the policy regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

http://www.gprc.ab.ca/downloads/documents/Calendar_1011_Student_Conduct.pdf

COURSE SCHEDULE/TENTATIVE TIMELINE:

Note: Here is a basic overview of the course structure. Please note that this is a general guideline and it may be possible to change the order of the material delivered at the discretion of the course instructor.

Unit	Date	Topic	Important Information
Week 1	January 9-15	Understanding Pharmacology	
Week 2	January 16-22	Over the Counter Medication, Dietary Supplements and Polypharmacy	Quiz #1
Week 3	January 23-29	Analgesics and Anti-inflammatories	

Week 4	January 30-February 5	Cardiovascular and Respiratory Medications	
Week 5	February 6-12	Common Medications for Diabetes	Quiz #2
Week 6	February 13-19	Menopause and Hormone Replacement Therapy and Steroid Use	
Reading week-February 20-26			
Week 7	February 27-March 4	Nutrition: Basic Concepts to Healthy Eating	Quiz #3
Week 8	March 5-March 11	Cancer: Nutritional Requirements, Prevention and Education	
Week 9	March 12-March 18	Special Diets in the Older Adult	
Week 10	March 19- March 25	Dietary Needs during Exercise	
Week 11	March 26-April 1	Social Concerns During Eating	Nutrition Assignment Due
Week 12	April 2-April 8	Community Support for Nutrition in the Older Adult	
Week 13 Course Wrap-up	April 9		Self-Assessment Due